



Chai Latte Cupcakes

 Dairy Free

READY IN



110 min.

SERVINGS



24

CALORIES



240 kcal

DESSERT

Ingredients

- 1 Cups baker's chocolate
- 1 box vanilla cake donut holes french
- 1.1 oz chai concentrate instant (or 3 tablespoons from larger container)
- 1 cup peppermint candies white
- 16 oz vanilla frosting
- 1 serving ground cinnamon

Equipment

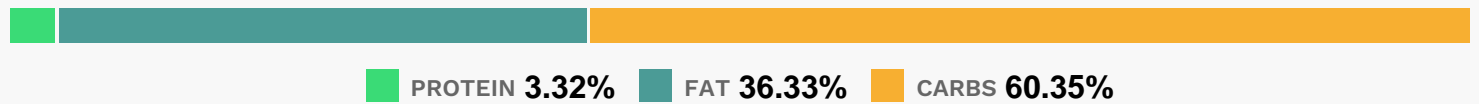
- bowl

- oven
- wire rack
- microwave
- muffin liners

Directions

- Heat oven to 350°F (325°F for dark or nonstick pans).
- Place Reynolds Baking Cups in each of 24 regular-size muffin cups.
- Make and bake cake mix as directed on box for 24 cupcakes. Cool in pans 10 minutes; remove from pans to cooling rack. Cool completely, about 30 minutes.
- In medium microwavable bowl, microwave baking chips on High 30 seconds; stir until melted. If necessary, microwave 15 seconds longer. Stir until smooth; cool 5 minutes. Stir in frosting until well blended.
- Immediately spread or pipe frosting mixture on cupcakes.
- Sprinkle with cinnamon. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:5.52, Inflammation Score:-2, Nutrition Score:4.0965217533319%

Flavonoids

Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 7.83mg, Epicatechin: 7.83mg, Epicatechin: 7.83mg, Epicatechin: 7.83mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Theaflavin: 0.02mg, Theaflavin: 0.02mg, Theaflavin: 0.02mg, Theaflavin: 0.02mg Thearubigins: 1.06mg, Thearubigins: 1.06mg, Thearubigins: 1.06mg, Thearubigins: 1.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg

0.02mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 240.44kcal (12.02%), Fat: 10.14g (15.6%), Saturated Fat: 5.68g (35.51%), Carbohydrates: 37.91g (12.64%), Net Carbohydrates: 36.71g (13.35%), Sugar: 26.64g (29.6%), Cholesterol: 0mg (0%), Sodium: 191.54mg (8.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.66mg (1.55%), Protein: 2.09g (4.17%), Manganese: 0.29mg (14.54%), Phosphorus: 98.06mg (9.81%), Copper: 0.2mg (9.78%), Iron: 1.41mg (7.86%), Calcium: 68.92mg (6.89%), Vitamin B2: 0.11mg (6.44%), Magnesium: 20.63mg (5.16%), Fiber: 1.19g (4.78%), Folate: 18.2µg (4.55%), Zinc: 0.64mg (4.29%), Vitamin B1: 0.06mg (3.78%), Vitamin K: 3.6µg (3.43%), Vitamin E: 0.5mg (3.34%), Selenium: 2.32µg (3.31%), Vitamin B3: 0.63mg (3.16%), Potassium: 66.27mg (1.89%)